

I, hereby for myself, my heirs, executors and administrators waive and release any and all claims or actions for damages that I may have against LeMars Physical Therapy, its officers, trustees, directors, employees, and agents arising out of activities at LeMars Physical Therapy, even though liability may arise out of negligence or carelessness on the part of the person mentioned above. I understand that physical injury could result from my participation in physical activities, and knowing this risk, I hereby agree to assume those risks and to release and hold harmless all of the persons mentioned who might otherwise be liable to me of any member of my family for damages.

Please sign and date:

Athlete:

Date: _____

Le Mars Physical Therapy
789 Holton Drive
Le Mars, IA 51031



ADULT BOOT CAMP 2010

Presented by...



789 Holton Drive
LeMars, IA 51031
Phone: 712-546-1718
Fax: 712-546-1770

LeMars Physical Therapy presents...

ADULT



“BOOT CAMP”

What: 7 weeks of “boot camp”

Aug 31– Oct 16, 2009

Nov. 2– Dec 18, 2009

8 weeks of “boot camp”

Jan. 4– Feb 26, 2010

March 15– May 7, 2010

May 24- July 16, 2010

Aug. 9– Oct. 1, 2010

Oct. 25– Dec 17, 2010

When: Monday, Wednesday, Friday at

8:45-9:45 am, or

12:00-1:00 pm, or

4:30-5:30 pm

Where: LeMars Physical Therapy

Cost: \$135 per athlete for 7 weeks

\$150 per athlete for 8 weeks

(includes t-shirt and water bottle)

Or we offer a drop-in rate of

\$7/day or \$20/week

PROGRAM OBJECTIVES:

- Increase strength
- Improve overall health
- Weight loss
- Improved cardiovascular fitness
- Improve endurance
- Improve body image and self-esteem

PROGRAM DETAILS:

Adult Xcelerate “Boot Camp” is a work-out program designed for adults only! It is LeMars’s version of the “BIGGEST LOSER”! The work-outs are a combination of cardio and strength training (toning). Participants receive optimal outcomes from a variety of different exercise modes and intensities including agility, plyometrics, circuit training, and much more! Pre and post camp assessments are conducted to monitor progress. Camp is open to all males and females from the age of 21 through 55. Class size is limited to 15, so register soon! You WILL be challenged, GUARANTEED!

For more information please contact:

April Leusink, PTA, NCSF-CPT

at **546-1718** or email me at:

april.leusink@lemarspt.com

REGISTRATION FORM

Shirt size:

Adult S

Adult M

Adult L

Adult XL

Adult XXL

NAME

ADDRESS

CITY

PHONE

E-MAIL ADDRESS

DATE OF BIRTH

CLASS DATE AND TIME

Please detach and send with payment to:

LeMars Physical Therapy

789 Holton Drive

LeMars, IA 51031

Please make checks payable to LeMars Physical Therapy

Debit and Credit Cards are accepted